

## Chapter 21

### SKIN CARE

#### PROCEDURE FOR GIVING STAGE I PRESSURE ULCER CARE:

NOTE: IF DRAINAGE IS PRESENT, DO NOT PROCEED. NOTIFY THE SUPERVISOR/ NURSE.

1. Gather necessary equipment.
2. Wash your hands. Put on gloves.
3. Explain what you are going to do.
4. Observe reddened area.
5. Rub the skin around reddened areas with warmed lotion.
6. Wash skin area very gently with soap and water if soiled.
7. Place clean linen on bed if necessary.
8. Tighten linen (must be free from wrinkles).
9. Remove, clean, and store equipment.
10. Wash your hands.
11. Record observations and report anything unusual to the charge nurse.

#### **Chapter Review**

1. What age related changes affect the integumentary system?
2. What observations can you make while giving skin care?
3. What are some specific measures related to skin care?
4. What causes pressure ulcers?
5. What are the pressure areas on the body?
6. What types of clients are prone to formation of pressure ulcers?
7. What are the four stages of pressure ulcers?
8. What are some ways the In-Home Aide can help prevent pressure ulcers?

9. What observations should be made about a pressure ulcer?
11. How do you give Stage I pressure ulcer care according to proper procedure?